





DEEP SLEEP 02:00



PRESSURE 18:30

18:00



LOWEST BODY TEMPERATURE 04:30

06:00



HIGHEST STRENGHT 17:00



24-hour periodic variations of the human body to regulate internal processes shaped as a cosine function



CORTISOL PEAKS 07:00



BEST COORDINATION AND REACTION TIME 15:30







HIGH ALERTNESS 10:00

Sleep And Biological Rhythms

Chao Zhang



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